



## Local Food For Schools

# WHEAT

### Promotional Resources

### Fun facts

- Whole grain wheat provides a good source of protein, iron, magnesium, phosphorus, zinc and the B vitamins thiamin (B1) and niacin (B3).
- Wheat is a relative of grass and was one of the first crops cultivated and domesticated over 10,000 years ago in the Fertile Crescent.
- Americans eat more wheat than any other food and it provides 20% of the world's calories.
- Whitman County is the largest wheat producing county in the U.S.
- The first wheat in the Pacific Northwest was planted in 1825 at Fort Vancouver, Washington.

### Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school increase students' knowledge of healthy eating and where food comes from.

- [Washington Agriculture in the Classroom – Wheat Lessons and Resources](#)
- [Washington Grown Harvest of the Month – Whole Wheat](#)
- [Food Hero – Whole-Wheat Flour Basics \(Spanish\)](#)
- [Montana Harvest of the Month Resources – Grains](#)





## **Know your distributor** Puget Sound Food Hub Mt. Vernon, WA

The Puget Sound Food Hub is a farmer-owned cooperative that markets, aggregates and distributes locally produced food from their partner farms to wholesale buyers.



## **Know your processor** Cairnspring Mills - Burlington, WA

In 2016 a group of Skagit Valley farmers, economic development leaders and bakers started Cairnspring Mills. Cairnspring Mills provides freshly stone-ground flours from identity-preserved grains that are grown, harvested and milled locally for superior flavors, nutrition profiles and baking properties. By building trusted relationships and championing sustainable business practices that add value to the land, the food and the people, Cairnspring Mills creates a new model for regional food economies.



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